

orderlies to fit them for independent posts should surely be prolonged for at least twelve months. Then only the exceptional men, possessing the moral qualifications of sobriety and intelligence, should be given certificates. At present the orderly's certificate is not worth the paper on which it is written.

(b) The army hospital native corps is at present composed of the scum of the bazaars, insufficiently paid, working under impossible conditions (*e.g.*, a fine of two annas per month can be deducted *once* only during the month for grave misconduct among the lowest grade). Until some radical reform takes place whereby respectable natives, properly paid and severely disciplined, can be obtained, the native service of the hospital will always be a bar to really efficient work.

The chief reforms suggested in the present conditions of the working of the service are:

(a) That a messing allowance of one hundred rupees per annum be granted;

(b) That the time of the orderlies' training be increased to twelve months;

(c) That the army hospital native corps be remodelled so as to secure a certain measure of efficiency.

In conclusion, the Indian army nursing service offers every prospect of happiness and congenial work to a well-trained, strong, and healthy woman. The drawbacks which can be removed are minor ones, and the chief drawback—that of hard work in a bad climate—must be taken into account by each individual candidate before entering the service.

WAYS AND MEANS OF LIVING IN THE ADIRONDACKS

BY MARIAN WATT

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THE outdoor treatment of tuberculosis is so generally understood that it need not be described in this paper, the object of which is to give such practical information as may be of use to some one who, perhaps without warning, is ordered to the Adirondacks, or to nurses who may be responsible for the comfort of their patients in out-of-door surroundings.

The winter is the season when the great fight against tuberculosis is made in the Adirondacks. Conditions of living are more difficult because of the extreme cold, the thermometer falling to twenty or even forty degrees below zero, and for many months the snow is so deep it is

almost necessary to live in the village. Here at Saranac Lake are to be found all classes of boarding-houses, ranging in price from five dollars to twenty-five dollars per week, but to pay less than eight dollars per week is not advisable, as the food in the cheaper houses is unsuitable for one in poor health. To reap the full benefit of the life it is really necessary to pay from twelve dollars to fifteen dollars per week, when the added advantages far outweigh the additional cost, provided one can afford it.

A desirable house can be rented for forty dollars per month in the village or for twenty-five dollars in slightly inaccessible locations. The best houses rent for from fifty dollars to three hundred dollars a month, and all are furnished. There are no cottages in the village with less than six rooms, so there is often an opportunity to take one or two boarders or to rent a room if it is necessary to consider expenses very carefully. The cost of housekeeping for two in winter would amount to at least one hundred dollars per month, and if a servant were kept and some greater degree of luxury indulged in expenses would easily run up to one hundred and fifty dollars per month. Coöperative housekeeping has not been tried very much at Saranac, but such a plan, if carried out on practical lines, might obviate some of the unpleasant features of the boarding-house.

During the summer months, from July until October, nothing is better than camping in well-floored and well-protected tents. The flooring should be raised three feet above the ground and extend well to the front, where the "fly" forms a piazza where a hammock can be hung or a couch placed for the invalid. The "fly" is a very necessary adjunct to the ordinary tent; it protects the inner canvas from rain and sun. For ventilation the inner canvas should be open at the top around the ridge-pole, and arranged with ropes to close when desired. To protect from draughts at the bottom a board may be nailed along the edge of the platform outside.

The situation of the camp should be carefully chosen, so that it may be in a cool, airy place, sufficiently shaded from the sun without being in dense shadow. That there shall be a good supply of pure water is very important. If camping on State land, the dead wood may be cut for fuel.

A tent ten by twelve feet, properly made and put up, should cost from twenty-eight to thirty dollars. The furnishings are generally extremely simple. A very comfortable bed can be made by using a canvas cot and placing branches of balsam pine across one another over it. This makes a delightful, springy bed if properly arranged, and changed sufficiently often not to allow the needles to drop from the branches. The

balsam should be covered with a rubber sheet and over that a heavy woollen blanket. Each tent should be provided with a stove. The cost of food is high, and for two people fifty dollars a month will not more than cover expenses.

Of course, there are numberless ways by which a little money may be earned, although there are very few business opportunities for men. Chicken-raising or a model dairy would seem to be profitable, and the preserving of fruits and making dainties for the sick might surely be a success. There is a ready sale for all fancy articles, particularly dress accessories.

The life in Saranac is in many ways attractive. There are delightful people and always a simple sociability which is very pleasant. In summer, driving or trips on the river or lakes are the chief amusements which are advised for the invalids, and in winter there is sleighing and all kinds of winter sports for those who are able to indulge in them. There is also a fine Ice Carnival held here each year, which attracts visitors from many parts. Though the village is small, the shops are fairly good, and almost everything can be gotten here. With sufficient money a surprising amount of comfort and good living can be had.

It may seem strange that the mention of the sanitarium should have been kept for the end of this little paper, but it has been so commonly confused with the place as a whole, that it seemed well to show first how the majority must live.

The sanitarium seems to be perfectly adapted to the needs of the tuberculous patients. It is on the cottage plan, and the houses are all built with the rooms on one floor, and arranged so as to have perfect ventilation in all parts, and to give absolute comfort and convenience to the four inmates. There is a large central building, with the general dining-room and kitchens; also the doctors' rooms and laboratories. There is an amusement hall and a library, a chapel and an infirmary. The place is beautifully situated, quite apart from the village, and has a fine and very extended view. It accommodates one hundred people, both men and women. The time that each patient can stay is limited to a year, but a residence of six months is the usual rule. There is always a long waiting-list, and the rules for admission are very strict. Only incipient cases or those likely to be much improved in a year's time are admitted, also none are admitted who are able to pay more than five dollars per week, the regular sanitarium charge. The cost of maintenance is greatly in excess of this small amount charged, and the deficiency is made up by Dr. Trudeau by voluntary contributions; but this is only a part of his remarkable work during the past fifteen years.

In the village there has lately been started a reception cottage, or

small hospital, where patients can go who are in too acute a stage of the disease to be admitted to the sanitarium, but whose symptoms would probably soon subside with good care and nursing, and who would then be eligible for the sanitarium. This is also partly charitable, as the charges here are only seven dollars a week. The cottage can only accommodate ten patients, but it is a great blessing to those, and the extension of this plan is something that is sadly needed.

CLINICAL TEACHING FOR NURSES *

By ISABEL McISAAC

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It needs no argument to convince this audience of the value of clinical demonstrations in teaching nurses, and every superintendent has no doubt struggled with the question of methods. No one will deny that if each probationer and junior nurse had a head nurse who is a good teacher to spend her whole time with her during her first year we would produce excellent results, but as that is entirely out of the question, we must utilize our material and time to the best advantage.

In a large school this subject is one of more gravity than in the smaller ones; the larger the school, the harder the problem. Given twenty good nurses and twenty probationers to be taught bedmaking, we may not get twenty ways of doing it, but the number will be large enough to discourage the most sanguine. Beside bedmaking, there are any number of routine duties to be taught in which we desire uniformity. If these be taught theoretically in class and then each head nurse demonstrates in her own particular way, we still get too much variety. Seven years ago I undertook to minimize this unsatisfactory variety in a very large school. Taking the methods of the surgeons in their clinics, I made our first demonstration one on beds and bedmaking. We called the class into a large operating-theatre, where there was room for practical work. We had in the arena all kinds of hospital beds, even a water-bed; all kinds of mattresses, including straw and air; all sorts of bedding and pads, rings, cradles, hot bricks, hot-water cans and bags, rubber blankets and rubber cloth for the protection of the bed, and rubber pillow-slips.

Beginning with the bed, a talk is given on metal and wooden beds, explaining why the metal is more sanitary; then a demonstration of

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